

# Classes and Workshops

---

## PRESCHOOL

---

### Preschool in Door Playtime/Open Gym

Bring your group to South Rocky Mount For socialization, fun, and entertainment. The children can play in the gym with balls, slides, scooters, and more...

**Location:** South Rocky Mount Community Center

**Ages:** 3 - 5

**Day/Dates/Times:** Monday - Friday, January 5 - May 29, 10am - 11am

**Fees:** Free

**Registration Info:** Call 252-467-4926 to schedule your appointment or for more information.

### Preschool Fitness/ Kid's in Motion

This program is designed to help young children with coordination, social, and physical motor skills during organized activities.

**Location:** Booker T Washington Community Center

**Ages:** 3 - 5

**Day/Dates/Times:** Mondays & Wednesdays, January 5 - May 29, 10am - 11am

**Fees:** \$15 per week

**Registration Info:** Call 252-467-4926 to schedule your appointment or for more information.

### Preschool Easter Egg Hunt

Preschoolers enjoy the morning searching for eggs and there will be a special visit from Peter Rabbit!

**Location:** Tom Stith Park (Behind Booker T. Washington Community Center)

**Rain Site:** (Booker T. Washington Community Center Gymnasium)

**Ages:** 3 - 5

**Day/Dates/Times:** Thursday April 9th at 10:00am

**Fees:** \$1 per child

**Registration Info:** Preregistration begins Monday, March 23 to Monday, April 6 at South Rocky Mount Community Center. Call 252-467-4926 for additional information

### Preschooler's Field Day Event

Preschoolers have fun participating in outdoor events like running, throwing, hopping, balancing, and more.

**Location:** South Rocky Mount Community Center

**Ages:** 3 - 5

**Day/Dates/Times:** Wednesday, May 20, 10:00am - 11:00am

**Fees:** Free

**Registration Info:** Preregistration begins Friday, May 1 to Monday, May 18 at South Rocky Mount Community Center. Call 252-467-4926 for additional information.

### Termite Basketball

This developmental program teaches dribbling, passing, shooting, and teamwork. We build character, teach discipline and the fundamentals at an early age.

**Location:** South Rocky Mount Community Center

**Ages:** 4 - 6

**Day/Dates/Times:** Saturday, February 14, 10:00am - 11:00am

**Fees:** \$25 resident/ \$31.25 nonresident

**Registration Info:** Preregistration begins January 2 to January 30 at South Rocky Mount Community Center Call 252-972-1169 for additional information

---

## SENIORS

---

### Walking Track and Indoor Gym at SRMCC

There is always an opportunity to enjoy the activities of walking to maintain a healthy lifestyle. Whether it's indoors or outdoors, we have the place for you; the South Rocky Mount Community Center Walking Track and Indoor Gym.

### DIYs (Do It Yourself)

Learn the computer at your own pace every Friday morning. Limited instructor supervision.

**Location:** South Rocky Mount Community Center

**Ages:** 50 & older

**Day/Dates/Times:** Friday mornings, January 9, 16, 23, 30 from 9:30 am to 10:30 am.

**Fees:** \$5.00 resident/ \$6.25 nonresident

**Registration Info:** Call 252-972-1169 for more information.

### South Side Senior Exercise Class

Low impact chair exercise, along with soft and soothing music.

**Location:** South Rocky Mount Community Center

**Ages:** 50 & older

**Day/Dates/Times:** Tuesday & Thursday mornings, January 6 - February 10 from 9:30 am to 10:00 am.

**Fees:** \$5.00 resident/ \$6.25 nonresident

**Registration Info:** Registration has begun. Call 252-972-1169 for more information.

### My Time Arts and Crafts

It's your time to create, make, design and have fun. It's easy to do craft with a slash of creativity.

**Location:** South Rocky Mount Community Center

**Ages:** 50 & older

**Day/Dates/Times:** Tuesday, March 3, 10:00 am - 11:00 am

**Fees:** \$3.00 resident/ \$3.75 nonresident

**Registration Info:** Registration is open from February 1 - February 27. Call 252-467-4926 or 252-972-1169 for more information.

### South Side Senior Club

Tea Party Social. Dress up and come to enjoy a relaxing cup of tea, good food, fun games and entertainment.

**Location:** South Rocky Mount Community Center

**Ages:** 50 & older

**Day/Dates/Times:** Friday, May 8, 11:00 am - 12:00 noon

**Fees:** \$5.00 resident/ \$6.25 nonresident

**Registration Info:** Register from April 20 - May 6. Call 252-467-4926 for more information.

### Senior Computer Class

Learn Microsoft Word, PowerPoint, Publisher, and the Internet. This class is a lot of fun and designed for everyone to learn at their own pace.

**Location:** Booker T. Washington Community Center Computer Lab

**Ages:** 55 & older

**Day/Dates/Times:** Tuesdays & Thursdays, 10:00 am - 11:00 am beginning January 13. (4 weeks)

**Fees:** \$10.00 resident/ \$12.50 nonresident

**Registration Info:** Call 252-467-4925 for more information.

---

## YOUTH

---

### Parent's Night Out

Take this opportunity to let your child be a child. Your child will be supervised in a safe environment and will participate in arts and crafts, board games, basketball, watch a movie and eat pizza.

**Location:** Booker T. Washington Community Center

**Ages:** 4 - 12

**Day/Dates/Times:** Friday, February 13, 6:00pm - 9:00pm

**Fees:** \$8 residents/ \$10 non residents

**Registration Info:** January 26 to February 11. Call 252-467-4926 for additional information.

### Hot Shots Basketball

This league focuses on learning the basics, how to dribble, pass, and shoot. Basic basketball rules will be taught such as lane violations, double dribbling, and many other rules.

**Location:** South Rocky Mount Community Center

**Ages:** 7-9

**Day/Dates/Times:** Saturday, February 14, 10:00am - 11:00am

**Fees:** \$25 resident/ \$31.25 nonresident

**Registration Info:** Preregistration begins January 2 to January 30 at South Rocky Mount Community Center Call 252-972-1169 for more information.

### Youth Church Basketball League

Churches form teams throughout the community to compete in a recreation league.

**Location:** South Rocky Mount Community Center

**Ages:** 10 - 13

**Day/Dates/Times:** Tuesday, February 17 league play begins

**Fees:** \$250 per team entry

**Registration Info:** Preregistration begins January 1 to February 6 at South Rocky Mount Community Center. Call 252-972-1169 for additional information.

### Step It Up!

Do you like to step? Do you want to learn how to step? If so, then come and join our team. You will learn rhythm, how to put steps together and coordination.

**Location:** South Rocky Mount Community Center

**Ages:** 10 - 16

**Day/Dates/Times:** Mondays, Wednesdays, & Fridays January 12 - February 19, 5:00pm - 6:30pm

**Fees:** \$10 residents/\$12.50 non residents

**Registration Info:** Tryouts January 5, 7, 9 at South Rocky Mount Community Center. Call 252-972-1169 for additional information.

### Step in Style

Come in and learn the basics and fundamentals for a successful step program. Instructions will be given to form routines

**Location:** Booker T. Washington Community Center

**Ages:** 10 - 17

**Day/Dates/Times:** Session I: Mondays & Wednesdays, January 19 - February 27 6:30pm - 7:30 pm; Session II: Mondays and Wednesdays, March 2 - April 8, 6:30pm - 7:30 pm

**Fees:** \$10 residents/ \$12.50 non residents

**Registration Info:** Pre-registration begins January 2. Call 252-467-4926 for additional information

### Girls Flag Football

To help girls learn to enjoy the game of football. This program will teach girls the fundamentals of football and the rules of the game; while making it a fun experience every time they step on the field.

**Location:** TBA

**Ages:** Coed - ages girls 10-15

**Day/Dates/Times:** Saturdays, starting March 7, 10:00am (game time program 6wks)

**Fees:** \$30 residents/ \$37.50 non residents

**Registration Info:** Call 252-467-4926 (Booker T. Washington Community Center for additional information)

---

## ADULTS

---

### Beginner Computer Class

Learn how to operate a computer, how to use Microsoft Office, navigate the Internet, and how to create an email account.

**Location:** South Rocky Mount Community Center

**Ages:** 16 & older

**Day/Dates/Times:**

Session 1: Tuesdays & Thursdays, January 6 - February 5, 6:00 to 7:00 pm

Session 2: Tuesdays & Thursdays, March 5 - April 7, 6:00 to 7:00 pm

**Fees:** \$25 resident/ \$31.2 nonresident

**Registration Info:** Register at South Rocky Mount Community Center Call 252-972-1169 for more information.

### Aerobics for Adults

Learn how to reach your fitness goals, have a more successful strength training program and how to alter your strength training routine to fit your exercise goal.

**Location:** Booker T. Washington Community Center

**Ages:** Coed, 16 & older

**Day/Dates/Times:** Tuesday, January 13, 7:00 to 8:00 pm (6 weeks)

**Fees:** \$20 resident/ \$25 nonresident

**Registration Info:** Call 252-467-4925 for more information.



---

## COMMUNITY DEVELOPMENT PROGRAMS

---

### Diabetes Seminar

Tips on maintaining and regulating your glucose; learning what foods are good and bad, checking your sugar levels and more.

**Location:** Booker T. Washington Community Center

**Ages:** All Ages

**Day/Dates/Times:** Tuesday February 24, 6:00pm - 8:00pm

**Fees:** Free

**Registration Info:** Call 252-467-4925 for more information